

# Griesbach Bugle

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COVERING THE GRIESBACH AND NAMAQ AREAS — CIRCULATION 2000

SEPTEMBER, 1966



**CHANGE OF COMMAND. See story on page 3**



## THE GRIESBACH BUGLE

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Editor ..... Capt. H. J. Millen, MBE, CD.  
Managing Editor ..... WO1 R. Jackson, C.D.  
Sports Editor ..... Capt. G. W. Small, CD  
Women's Editor ..... Mrs. B. Hunter  
Advertising Manager ..... Mr. H. H. Dales  
Circulation Manager ..... LS H. Woznow

Address all enquiries to the Editor, The Griesbach Bugle  
Canadian Forces Base, Griesbach Barracks,  
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## Airforce Cross Awarded to Two Pilots

Air Force Crosses will be awarded to a pilot who nestled his helicopter into tree tops to effect a night rescue and a jet pilot who successfully landed his aircraft after it experienced an engine failure over Edmonton.

The awards will be made to:  
F/L David M. Campbell, 37, of Saskatoon and Courtenay, B.C.;  
F/L Kenneth A. Harvey, 42, of Edmonton.

The award to F/L Campbell is for his "calm professional approach exceptionally fine airmanship, courage and devotion to duty in an extremely critical situation."

As a member of 121 Composite Unit based at Comox, B.C., F/L Campbell was the captain of a helicopter despatched to search for and if possible to rescue survivors of an aircraft crash on July 18, 1965.

While two survivors managed to "walk out," two others were badly injured. The wreckage was located at sundown in tall timber on a steep mountain side near Bramfield, Vancouver Island. Despite increasing darkness, F/L Campbell lowered a cable to land a rescue team. Because of the height of the timber and the steep angle, the cable was about 20 feet short of the ground. F/L Campbell therefore nestled the helicopter's fuselage into the tree tops to lower the rescue team and their equipment.

F/L Campbell then returned to his base and although it was almost midnight, he again flew to the crash site to complete the rescue.

F/L Campbell again nestled the

helicopter fuselage into the tree tops, then safely hoisted the survivors and the rescue team.

The citation for F/L Campbell reads, in part:

"Had Flight Lieutenant Campbell not completed the rescue that night, rain and fog later closed the area to search aircraft until July 21, 1965. It is doubtful if one of the injured survivors could have survived another night of exposure as, besides suffering burns to the upper part of his body, a lacerated knee and a possible back injury, he was in a state of shock.

"During the entire rescue mission Flight Lieutenant Campbell faced grave personal danger with the fuselage in the trees, as any sudden change of wind could easily have caused the helicopter to crash causing undetermined injury or death to himself and others."

F/L Harvey's award is for "courage and devotion to duty" when, on March 3, 1965, he was the pilot of an F-84-F returning to land at Edmonton after an acceptance flight.

About 10 miles from the airport severe engine vibrations were experienced. An emergency was declared and arrangements made for a downwind landing.

About five miles from the airport, over a densely-populated area, the vibrations and engine noise increased, then the engine failed.

Rather than bail and abandon the aircraft with the possibility of it crashing into the populated area, F/L Harvey elected to attempt an "engine-out" landing.

## SCHOOL REGISTRATION SEPTEMBER 1st, GRIESBACH

Education facilities are provided without charge only to children of servicemen or civilians residing on a defence establishment. Other cases must be considered individually by the Official Trustee, Major R. E. Gorham, HQs. Alta. Dist.

The term "children" will be interpreted to be only those children of natural issue or of legal adoption.

For the benefit of newcomers, Griesbach School No. 1 is located in the SOUTH Section of the Camp on 102 Street, and School No. 2 in the NORTH Section on 152nd Avenue.

Parents are advised that age limits for kindergarten pupils will be five years of age on or before December 31st, 1966, and for Grade 1 pupils six years of age on or before the same date. A birth certificate is required to substantiate the age of pupils in Kindergarten and Grade 1 who will be registered for the first time.

Registration in both the Griesbach Schools will take place Thursday morning, September 1st, 1966, between 10:00 and 11:00 o'clock.

Registration of pupils will be as follows:

### Kindergarten, Elementary and Junior High School

All pupils registered in Kindergarten and Grades 1 to 6 inclusive:

Living in Griesbach south of 146th Avenue, will register at School No. 1.

Living in Griesbach north of 146th Avenue, will register at School No. 2.

Griesbach regi- Griesbach registering for Junior High School, (Grades 7, 8 and 9) will attend School No. 1.

### Senior High School, (Grades 10, 11 and 12)

All pupils of Protestant faith living in Griesbach, will attend Queen Elizabeth Composite High School.

All pupils of Roman Catholic Faith living in Griesbach, will attend O'Leary High School.

All pupils of the Protestant faith in the vocational program will attend Victoria High School.

### Bus Schedules will be announced later for Senior High School pupils.

### Registration Senior High Schools:

Queen Elizabeth, O'Leary High and Victoria Vocational Schools:

Thursday, September 1st, at 1:30 p.m.

Newcomers to camp are urged to contact the applicable senior high school anytime after August 15th.

### Bilingual Classes, Separate Schools — Edmonton

The children of personnel occupying married quarters at a defence establishment, may attend French or bilingual schools other than DND Schools, provided that French or bilingual classes are not available in the local DND School.

Within the Edmonton Separate School system there are three schools which can offer bilingual classes, within certain limits:

St. Thomas (90th Street and 86th Avenue) Grades 1 - 11.

Grandin (110 Street and 99 Avenue) Grades 1 - 6.

Sacred Heart (96th Street and 108th Ave.) Grades 1 - 6.

The Edmonton Separate School Board will admit eligible children, but it reserves the right to designate the school or schools which such children shall attend. The policy of the Separate School Board is that eligibility is restricted to those children whose mother tongue is French and who have a complete mastery of the language and who are capable of absorbing all instruction in that language; those children who are French speaking and whose parent or parents are French. No facilities exist beyond the Grade 6 level except at Assumption Academy listed below.

In addition to above schools, there is one private school of the Separate School System which can offer bilingual classes to girls only, within certain limits:

Assumption Academy (10765 98 Street) Grades 1 - 12.

Further information is available from the Griesbach School Board.

### HIGH SCHOOL BUS PASSES

In order to assist in the preparation of bus schedules, it is requested that **Parents** of Senior High School pupils living in Griesbach, forward the following information to Mr. H. B. Dales, Base Housing Officer, as soon as possible:

Father's service particulars.

Name of student.

Date of birth.

Religion of student.

Name of school.

Grade.

PMQ number and street address.

On receipt of the above information, a Bus Pass will be prepared and issued on September 1st. It is emphasized that students will not be permitted to ride in Service Buses unless in possession of a Bus Pass.

Two-thirds of the integrated Maritime Command's strength is concentrated on Canada's east coast.

## New Base Commander

Group Captain J. F. Davies, 44, of Montreal, has been appointed Commanding Officer of Canadian Forces Base at Namao, Alta.

Enlisting in the RCAF in April, 1941, he trained as a fighter pilot and went to England in 1942. He served in flying instructional duties in Tngland and Scotland until February, 1944.

When he was transferred to the Operational Training Unit in Ismailia, Egypt.

For nearly a year, beginning in June, 1944, he flew with No. 72 Fighter Squadron, operating from Corsica, Italy.

Wing Commander Davies returned to Canada in 1945 and took his discharge to return to university until 1949 when he graduated with a bachelor of science degree from McGill.

Since re-entry to the RCAF in 1949 he has served at Air Force Headquarters, Ottawa; Air Defence Command Headquarters, St. Hubert, Quebec; RCAF Stations Rockcliffe, Uplands and Camp Borden where he was chief technical services officer.

He is a graduate of the Rochester Institute of Technology.



## Change of Command



Three hundred and fifty officers and airmen bade farewell on August 12th to Group Captain F. H. Watkins, Commander of Canadian Forces Base, Edmonton, at a Handing Over Parade held at Namao. G/C Watkins is retiring from the RCAF after 25 years of service. He is succeeded by G/C J. F. Davies, (seated), who is signing the Handover Documents. At the ceremony were approximately one hundred guests, among them the Hon. Marcel Lambert, Member of Parliament for Edmonton West. (Canadian Forces Photo)

## SMOKE?

We're mad, absolutely stark, raving mad. Those of us who smoke, that is.

We're playing a form of Russian roulette. When we put a cigarette in our mouths, it's like slipping another cartridge into the chamber of the revolver, increasing the odds against us of a horrible death.

We think of ourselves as reasonable, intelligent people. We take our vitamins, coddle our head colds, fret about our weight, and continue to smoke ourselves toward a premature grave.

We must be stubborn too. We know what we're doing. Or do we? Do you know what the "weed" is doing to you physically?

Do you know that as a cigarette smoker you're ten times as likely to die of lung cancer as your buddy who doesn't? Do you know that death rates from coronary heart disease in the middle years are from 50-150 percent higher among heavy cigarette smokers than among those who don't smoke? Do you know that smoking is one of the most important causes of bronchitis? Do you know that cancer of the mouth, throat and gullet occurs more frequently in smokers than in non-smokers? Did you know

that cancer of the bladder has been recently connected with smoking? Did you know that cigarette smoking contributes to various other less common digastric and duodenal ulcers? Suppose you're 35 and a heavy smoker, do you know that your chances of dying in the next ten years is 1 in 23, whereas the risk for a non-smoker is only 1 in 90?

At this stage of the game you'd better light up a cigarette and enjoy it, because if you're smart it will probably be the last one you'll smoke.

Seriously though, by smoking cigarettes we're taking a very grave risk of ruining our health and shortening our normal life spans. Year by year the medical reports have been piling up until now there is a library of evidence that cannot be ignored. Let's look at some of the facts.

In a Canadian prospective study of 77,922 male veteran pensioners followed for six years, 8,643 deaths occurred among smokers with all types of smoking habits. For the same group over the same period, on a statistical basis, 6,634 deaths would have been expected. On this basis there were 8,643 minus 6,634 equals 2,009 excess deaths for smokers in the group.

Another series of studies of more than a million men in Canada, the United Kingdom and the

U.S.A. revealed that the total death rate (all causes combined) is nearly 70% higher for cigarette smokers than for non-smokers.

The real villain of the story is the cigarette; pipes and cigars appear to be less harmful.

For cigarette smokers, the death rate increases with the number of "coffin nails" that are smoked. For groups of men smoking; less than 10, 10-19, 20-39, and 50 cigarettes and more per day, the death rates are respectively about 40 percent, 70 percent, 90 percent and 120 percent higher than for comparable groups.

The pipe and cigar smokers get off more easily. For men smoking five or more cigars daily, the death rates are slightly higher than those of non-smokers.

And for those who smoke less than five cigars per day, the death rate remains about the same as that for non-smokers. A slightly higher rate occurs primarily for men who have been smoking for more than 30 years and for men who inhale the smoke to some degree. The death rate for pipe smokers is little, if at all, higher than for non-smokers, even for men smoking 10 or more pipefuls per day, and for men who have smoked pipes for more than 30 years.

The real killer among smokers

is lung cancer. One U.S. report states that "In comparison to non-smokers, average male smokers of cigarette have approximately a nine- to ten-fold risk of developing lung cancer and heavy smokers at least a twenty-fold risk." It goes on to say that those who smoke pipes and or cigars, but not cigarettes, are considerably safer.

And if you think that lung cancer is curable, you're an incurable optimist. An article in the Canadian Medical Association Journal says "The results of treatment of lung cancer continue to be depressing. None can be satisfied with a cure rate which varies between 5% and 8%. When 95 of every 100 patients die within 5 years of surgical and other treatment, attention must be directed to some objective to reduce the mortality rate."

The relationship between cigarette smoking and coronary artery disease is well established too. One authority says that cigarette smokers have been found in several studies to have 7.1 times as high a coronary death rate as non-smokers. Another study shows that the ratio of smoker's coronary death rates to those of non-smokers increases progressively with the daily cigarette consumption. In addition, at each level of consumption the ratio increases with the amount of inhalation reported by smokers.

Yet another report shows that in six of seven studies, chronic bronchitis and emphysema (breakdown and overdistension of lung tissue) contributed markedly to the excess mortality among cigarette smokers. In these studies it was found that cigarette smokers died of chronic bronchitis and emphysema 6.1 times more frequently than non-smokers.

As though that is not enough, cancer of the mouth, throat and gullet occur more frequently in smokers than in non-smokers, particularly in the cigar and pipe smoker group. While smoking generally does not appear to cause gastric or duodenal ulcers, it is firmly established that it interferes with their healing.

And very recently, metabolic studies in Canada have confirmed the statistical relationship between smoking and bladder cancer. In addition, tobacco amblyopia (dimness of vision) has been related to pipe and cigar smoking, and increased mortality of smokers from cirrhosis of the liver has been shown in the prospective studies.

While the death rate among men from lung cancer is about seven and a half times that of

women, the girls should still be concerned. Lung cancer in women cigarette smokers is on the increase. One authority states that "the difference between male and female death rates from lung cancer has decreased in the younger groups as would be expected if the relatively recent adoption of cigarette smoking by women were beginning to take effect." And while the incidence of coronary disease and bronchitis among women smokers is still lower than among the men, it is felt that this is because women have been smoking for shorter period, less heavily and with less inhalation.

In the face of all this evidence, is it worth giving up the "weed"? The answer is yes.

In one statistical study, the death rate for ex-smokers over 30 was consistently lower than the rate for current cigarette smokers. Even at that, for ex-smokers there were 227 excess deaths, which represents a 22% excess over the expected number for non-smokers. But for current smokers there were 1,728 excess deaths over the expected number for non-smokers, a 41% excess. So by quitting, a smoker can increase his chances of living by more than 50%.

Of course, if you enjoy playing Russian roulette the best of luck to you. You'll need it.

### CONCORDE'S PROGRESS

More than 50 Concorde — the Franco-British supersonic airliner — have been ordered for delivery in 1972-73. The American supersonic airliner is not expected to be in operation until 1974-75. The first prototype of the Concorde will fly from Toulouse, France, at the end of February, 1968. The second will fly from Filton, near Bristol, England, six months later. Two pre-production planes are scheduled to fly in September, 1969, and January, 1970.

The first run of the Bristol — Siddeley/SNECMA Olympus 593B engine was successful and has received formal acceptance by the British Ministry of Aviation. Development testing continues apace and the first flight in a Vulcan bomber flying test bed should be completed before the end of the year. The Royal Aircraft Establishment at Farnborough, England, has opened a new set of testing laboratories that will test the Concorde under every conceivable condition to the point of destruction if necessary. The Concorde will move into the labs in 1969. The plane will be given 16,000 mock flights, each full flight — 2½ hours flying time from London to New York — will be completed in 1½ minutes.



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## PAY RAISE?



### HELP IN PAY STRUCTURE

Eight senior warrant officers have been brought to Canadian Forces Headquarters to assist in drafting a new pay structure for the forces. The WOs include, left to right, WO1 Robert Lavoie, of Quebec City, base sergeant-major of Canadian Forces Base Valcartier, Que.; CPO Roy Bird of Winnipeg and Victoria, from CBF Esquimalt, B. C., and WO1 Mannie Power, RCAF, of Saint John, N. B., from Air Transport Command Headquarters, Trenton, Ont.

(Canadian Forces Photo)

### NEW WELDING PROCESS

The possibility of welding, say, aluminum to steel would, a few years ago, have been considered non-existent. Today, friction welding not merely makes this pos-

sible, but gives a weld as strong as the aluminum itself. Friction welding involves the rubbing together of the two surfaces to be welded at a speed that will even-

tually soften, or plasticize the metals at their point of contact. When this happens, a hydraulic ram forces the two metals together. The efficiency of the method was tested on a series of combustion engine exhaust valves which normally are manufactured by flash welding.

Of 20,000 welds, only two were faulty. Usually, 1 1/4-3% of flash welds are rejected. Another outstanding advantage of the method — receiving extensive testing at British Welding Research Association in Cambridge—is that metals of widely varying melting points can be welded with a joint much stronger than the weaker metal.

### PPCLI WIVES' CLUB

A meeting of the PPCLI Wives' Club will be held in the P. T. Lounge on Monday, the 19th of September at 8:00 o'clock p.m. A tour is being arranged with a local Moving Company to view their storage facilities. This will be conducted on the same evening as the meeting. All ladies who are interested in taking the tour are asked to contact Mrs. Prouty at 476-6432.

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## for the

## Ladies



By Betty Hunter

This is my last column "For the Ladies" as we are off to Vancouver Island on posting. It is with rather mixed feelings that we are preparing for this move. Edmonton has been home for eight years and holds many happy memories for us. We have made a number of friends and been involved in a variety of activities. I hate to be leaving before the Civic Centre is completed, having watched its progress with interest. Our son spent his senior High School years here and attended the University for four years so he regards Edmonton as his home town. There is, of course, a bright side to all of this — we shall gladly leave behind the grim Alberta winters.

Being a bit of a pack-rat I am suffering tortures forcing myself to throw out things we shall never use again, but I have been ruthlessly throwing them away for several weeks now. It is only reasonable that things which have remained packed away in the basement for eight years are not really necessary. There are some mementos I cannot part with — the first story Robin ever wrote (age 6 years); his Boy Scout equipment including axe, water bottle, etc; his report cards ever since Nursery School (re-reading these wasted an awful lot of time but brought back some delightful memories). All his early works of art were also carefully re-packed — how could I possibly throw out such treasures. Waterproof boots and other rainwear which have not been used much in Alberta will come into their own again — here is proof that if you keep a thing for seven years you will find a use for it.

You must have heard quite a few fishing stories. Here is a true one which I rather enjoyed. It happened this summer and I saw the tired, sunburned but triumphant fisherman return. As a rather special treat Robbie went on a three-day fishing trip with his father. They camped in some off-the-beaten-track part of Alberta and set forth each day in

their boat, father explaining the finer points on how to outsmart the fish, and generally helping an eight-year-old to get the hang of things. I understand they enjoyed themselves, and I am quite certain father wanted Robbie to enjoy the trip and no doubt hoped he would catch a fish large enough to boast of. Exactly all that transpired during the trip we shall probably never know... we did hear that Robbie isn't very good at washing dishes (wise boy). On his return our young fisherman came bursting into the house proudly bearing the **largest** fish caught on the entire trip. Father tried to pass the whole thing off very casually, as though he didn't care a bit... but I suspect he felt just the slightest bit outclassed. The last I heard, Robbie was considering selling the fish to the highest bidder — he felt it was just too valuable to eat. Does anyone in Married Quarters want to buy a very large fish? I understand it is being kept frozen until a good enough offer comes along.

When I started this column I was recruited in the usual Army fashion — someone volunteered me — and my first reaction was one of horror. What would I ever find to write about month after month? I think this one has been the most difficult column

## Dr. C. J. Edwardh

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for me to write. Contrary to popular belief, things don't necessarily become easier with practice. Saying "Goodbye" is very hard. I have made a lot of friends through "For the Ladies." Amazingly, it was not only the ladies who read my efforts. From the comments I have received from a number of husbands I know they were quite regular readers too. As you know, I am only an amateur in the writing department, but I have enjoyed the experience immensely. Postings being as unpredictable as they are, I look forward to seeing friends from Edmonton on the Island before too long.

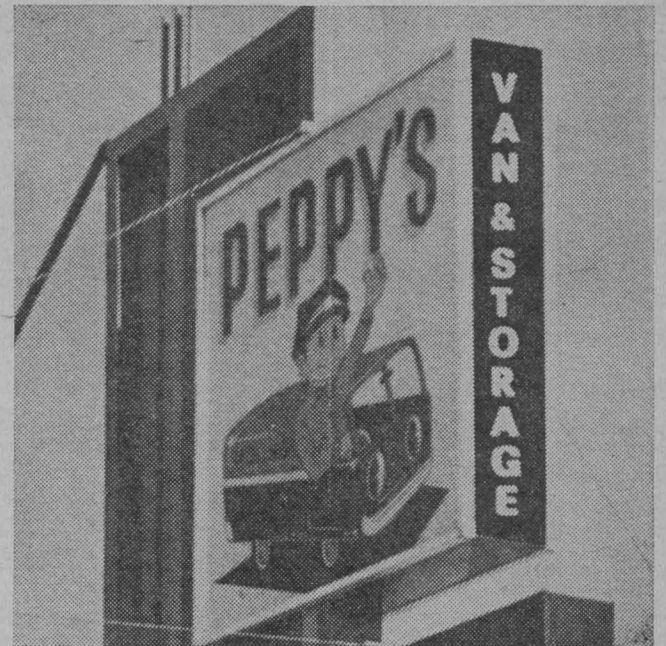
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## Chaplain General



Group Captain E. S. Light, 52, of Leask, Sask., has been promoted to air commodore, and appointed Protestant chaplain general of the Canadian Armed Forces, succeeding Brigadier J. R. Millar, 55, of Springhill, N. S., and Ottawa, who has retired. Air Commodore Light was deputy chaplain general at Canadian Forces Headquarters, Ottawa.

Brigadier Millar has accepted a call to Rothwell Heights United Church, Ottawa, as its minister.

His military service began in August, 1940, when he was appointed chaplain of the 2nd Battalion, North Nova Scotia Highlanders.

Overseas in March, 1942, he served with the Canadian Corps in Britain before moving to Italy with the 5th Armoured Division and to Northwest Europe, again with the 5th, and later the 3rd Infantry Division.

Since the war he has served in Halifax, Oakville, Ont., and Ottawa. He has been chaplain-general since May, 1965.

Air Commodore Light joined the RCAF as a chaplain in 1942 and served at various wartime flying training schools in western Canada before going to Britain and Europe to serve with RCAF squadron during the Second World War.

He attended the University of Saskatchewan after the war and rejoined the RCAF in 1948. He was station chaplain at Fort Nelson, B. C., and then at the Canadian Joint Air Training Centre, Rivers, Man.

In 1951 he was appointed deputy director of religious administration, Protestant, at Air Force Headquarters.

He was senior protestant chaplain at the RCAF's 1 Air Division, Metz, France, for four years beginning in September, 1955, and in 1960 was appointed deputy chaplain-general and director of religious administration, Protestant, of the Armed Forces. He holds a doctorate of divinity from Emmanuel College, Saskatoon.

## Coming Events

SEPTEMBER, 1966

During the coming year Alberta will be the scene of many events of provincial, national and international interest. Within Our Borders is pleased to list these in its Coming Events column. Information should be forwarded to Within Our Borders, Room 245 Highways Building, Edmonton.

3-5	Merritt Stampede	Merritt
3-5	Southeastern Golf Tournament	Medicine Hat
3-5	Totem Golf Tournament	Jasper
4	Canoe Race	Drayton Valley
4	Coin-A-Rama	Medicine Hat
5	Amateur Rodeo	Taber
10-11	Calgary Retriever Club Fall Trial	Calgary
11-14	Canadian Association of Painting and Decorating Contractors	Edmonton
15-18	Canadian Osteopathic Association	Jasper
16-17	Alberta Association of Medical Record Librarians	Edmonton
17-18	Canadian Chesapeake Club Fall Trial	Edmonton
18-23	Canadian Press and the Canadian Daily Newspaper Publishers Association	Jasper
19-22	Canadian Council of the Blind Convention	Edmonton
24-25	Alberta Field Trial Club Fall Trial	Calgary
25-30	Canadian Medical Association (Alberta Division)	Jasper
30-Oct. 1	Lacombe Stampede	Lacombe

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## NOTICE

### GYMNASTICS

The Griesbach Gymnastic Club will commence registrations in the lounge of the Leonforte PT Building on Saturday, the 1st of October, 1966.

Registration time for all children 8 years of age and over will be from 1000 hrs to 1600 hrs.

The fee will be 50c per child, but will not exceed \$1.00 per family.

The Griesbach Gymnastic Club will be conducting a Leaders' Course during the month of September. All those interested in teaching Gymnastics, should submit their names to S/Sgt. Grant at Local 427 before Monday, September 5th.

Lessons will be from 1630 hrs to 1830 hrs daily at the PT Building.



## To Command Bonaventure

Captain Robert H. Falls, 42, of Welland, Ont., has been appointed to command the aircraft carrier Bonaventure effective in October. He succeeds Commodore Harry Porter, of Chemainus, B.C., whose promotion to that rank and appointment as director-general maritime forces at Canadian Forces Headquarters was announced earlier.

Captain Falls was born in Welland on April 29th, 1924, and joined the RCAF in March, 1942. He subsequently transferred to the Royal Naval Volunteer Reserve in April, 1945, and five months later joined the RCN(R) as a sub-lieutenant pilot.

Captain Falls joined Canada's first aircraft carrier, the Warrior, in March, 1946, then after further flying duty ashore in Halifax he was appointed to the RCAF Station Trenton for flying duties.

In February, 1949, he served for nine months in the destroyer

escort Haida, then returned to the Shearwater naval air station near Dartmouth, N.S. He was next appointed to the staff of the chief of naval personnel at naval headquarters, Ottawa.

In June, 1955, Captain Falls was appointed to the U.S. naval air station in Key West, Fla., became the first commanding officer of the re-formed VF 870 squadron, composed of Banshee jet fighter aircraft at Shearwater.

Following this he became lieutenant-commander flying on board the aircraft carrier Bonaventure, then returned to staff duties in Ottawa. In April, 1961, he was appointed commander air on board the Bonaventure and in April, 1963, he was appointed commanding officer of the destroyer escort Chaudiere.

Since August, 1965, Captain Falls has served as commandant, Canadian forces maritime warfare in Halifax.

mower worked for husband, the machine will dislike you and grow more sullen each time you kick it.

Close all charge accounts. Buying something you can't afford may cheer up blue moments, but eating next month is more important.

Resist the temptation to write husband that you particularly miss him when you run out of milk and need him to stop by the store. He wants you to miss him for quite different reasons.

Forget direct distance dialing. It's comforting to call up friends stationed all over the country, but your telephone bill will look very uncomfortable next month.

Save money toward the purchase of a TV picture tube. The one that works well for husband will fail after he leaves.

Take advantage of the services of those nice ladies at the bank who help balance bank statements. They would rather help you each month than have you show up with three months' statements, each containing small errors.

Become thoroughly familiar with the operation and maintenance of the still, movie and polaroid cameras; the slide and movie projectors; the children's train set; the stereo hi-fi rig; and the motorized barbecue spit. Husband takes a bleak view of running a correspondence course from halfway around the world.

Lay in an ample supply of baby aspirin, band-aids, sherry, first aid cream, merthiolate, ear plugs, tranquilizers and gin. Count on about twice as much as you would need in a normal year. Oh yes... buy a long-handled bath brush!

— Reproduced from the Canadian Army Journal (1965).

## Armed Forces Recruiting Up

Armed Forces recruiting for the first six months of 1966 was up 5% over the first six months of 1965. The total number of recruits for the period January 1 to June 30, 1966, was 4,340 as compared with 4,135 for the corresponding period last year.

Armed Forces strength at the end of June, 1966, was 106,186, comprising 18,182 persons serving in the Navy, 43,330 in the Army and 44,674 in the Air Force. The last released strengths of the Forces, effective end of April, 1966, were: total strength 107,106; Navy 18,375; Army 43,724; and Air Force 45,007.

The drop in Armed Forces

strength, despite improved recruiting, a sharp decrease in voluntary releases, and a better monthly re-engagement rate, is due mainly to the increasing number of Second World War enlistees who are reaching normal

retirement age. The number of such personnel reaching retirement age annually will steadily increase over the next few years. As a result there will be a continuing need for a large number of recruits for the Forces.

## NATIONAL DEFENCE COLLEGE SELECTION

The selection of senior armed forces officers, defence officials and one executive of the Canadian Broadcasting Corporation to attend the National Defence College at Kingston has been approved. The next annual course begins September 6.

For 13 of the 50-week course the students fly through the United States, Britain and Canada, including the Arctic. They receive briefings and talk to outstanding men in government, industry and other fields.

The academic course includes broad problems and lectures by leading figures in government, the military, private firms, labour and the press.

Attending this year's course are:

### RCN

Captain K. H. Boggild, Lockport, N.S.; Captain D. A. Collins, Edmonton and Commander M. W. Mayo, Saint John, N.B.

### CA(R)

Lt.-Col. N. G. Trower, Toronto, Ont.; Col. J. W. Quinn, Rosetown, Sask.; Col. J. M. T. Clarkson, Ottawa, Ont.; Lt.-Col. Jacques Chouinard, Montreal, Que.; and Col. G. R. A. Coffin, Gaspé and Halifax.

### RCAF

Group Captain M. G. Utas, Chipman, Alta.; Group Captain M. F. Doyle, Montreal, Que.; Group Captain P. F. Peter, Montreal, Que.; Group Captain G. F. Ockenden, Vermilion and Edmonton, Alta.

### DRB

Dr. N. B. G. Taylor, acting chief superintendent, Defence Research Medical Laboratories, Downsview, Ontario; Dr. J. L. Boivin, Head, Chemistry Section, propulsion wing, Canadian Armament Research and Development Establishment, Valcartier, Que.

### CBC

G. F. Brickenden, Ottawa, executive assistant to the vice-president, Canadian Broadcasting Corporation.

## Three Arm Services



THREE ARM SERVICES

This gunner at Camp Wainwright, Alta., appears to be operating the 105mm howitzer with three arms, which undoubtedly better than two. Actually, the third arm belongs to another member of the guns crew who is hidden except for his extended arm. One caption suggested for the photograph reads: "If the Lord had wanted me to operate this thing alone he'd have given me a fourth arm!"

(Canadian Forces Photo)

## Rules for Temporary Widows

Gather up husband's tools and put them in a safe place. This will prevent great anguish when he returns.

Buy nothing labelled "easy to assemble," particularly an item described as "so simple a child can put it together." Graduate engineers, aged 10, are hard to find.

Ignore that puddle of oil un-

der your parked car. Asking a serviceman about it only leads to expense.

Take a course in the new math. Checking the children's arithmetic homework may have looked easy when husband did it, but seventh grade math isn't what it used to be.

Buy a new lawn mower. No matter how beautifully your old



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Neighborhood Safeway Store

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## Bugle Monthly Recipes

By WO1 B. Quaintance



### PIZZA

Makes 2

- |                              |                                    |
|------------------------------|------------------------------------|
| 4 cups biscuit mix           | 2 8-oz. cans tomato sauce          |
| 1 cup water                  | 1/2 lb mozzarella or pizza cheese, |
| 1 2-oz. can anchovy fillets  | sliced thin                        |
| 2 cloves garlic, crushed     | 2 tbsp chopped parsley             |
| 1 cup grated parmesan cheese | 1 tsp organo                       |
| 2 tbsp oil                   | Pepper                             |
|                              | 1/4 cup grated onion               |

Heat oven to 425 degrees. Mix biscuit mix and water vigorously with a fork. Dough will be very stiff. Turn out on floured board and knead 1 minute. Divide dough in two. Roll each half of dough into a 12-inch circle and put each on a cookie sheet. Pinch edges to make a rim to hold filling in. Drain anchovies, saving oil. Mix anchovy oil and garlic and spread on pizza shells. Sprinkle each with half of parmesan cheese and lightly with freshly ground pepper. Spread each pizza with a can of tomato sauce, then top with mozzarella or pizza cheese, parsley, organo, onion and chopped anchovies. Bake in 425 degrees 20 to 25 minutes. Serve very hot.

### RICE STUFFED SALMON

- |                          |                                   |
|--------------------------|-----------------------------------|
| 4 to 5 lb piece salmon   | 4 1/4 oz can shrimp, drained and  |
| Salt and pepper          | chopped                           |
| Cooking oil              | 1/4 cup minced parsley            |
| 1/4 cup water            | 1/4 tsp thyme                     |
| 1 small onion, minced    | 1 tsp salt                        |
| 1/2 cup diced celery     | 1/8 tsp pepper                    |
| 1/2 cup sliced mushrooms | 2 egg yolks, beaten               |
| 1 cup cooked rice        | Duchess potatoes (recipe follows) |
| Cooked vegetables        | Parsley                           |

Heat oven to 450 degrees. Wipe cleaned salmon with damp cloth inside and out. Sprinkle inside lightly with salt and pepper.

### DUCHESS POTATOES

- Combine potatoes, butter, salt, pepper and nutmeg. Beat egg
- |                            |             |
|----------------------------|-------------|
| 2 cups hot mashed potatoes | 1 egg yolk  |
| 1 tbsp butter              | Dash pepper |
|                            | Dash nutmeg |
| 1/2 tsp salt               | 1 egg       |
- and egg yolk lightly and add, blending very well. Pipe through a pastry tube or spread on meat loaf and brown as directed.

### PUFFY CHEESE OMELET

(Serves 6)

- |                           |                |
|---------------------------|----------------|
| 6 egg yolks               | 1/4 tsp pepper |
| 3/4 cup light cream       | 6 egg whites   |
| 1 8-oz pkg cottage cheese | 2 tbsp butter  |
| 1 1/2 tsp salt            | 2 absp butter  |

Beat egg yolks until thick and lemon colored. Add cream, cheese, salt and pepper and beat to blend well. Beat egg whites stiff and fold into egg yolk mixture along with chives. Melt butter in 10-inch heavy skillet that can be put in the oven. Pour in egg mixture and cook over low heat until bottoms set and sides are beginning to brown. Heat oven to 375 degrees while omelet is cooking on top of stove. Put pan in preheated oven and continue cooking until puffed and nicely browned, 15 to 20 minutes. Serve immediately.

### BASIC TOMATO SAUCE

- |                                |                       |
|--------------------------------|-----------------------|
| 1 pint tomato puree            | 2 tbsp butter         |
| 3 or 4 fresh tomatoes          | 1 tbsp salt           |
| 1 carrot and 1 onion, chopped  | 2 tbsp sugar          |
| 6 pepper corns                 | 2 tbsp flour          |
| 2 stalks celery                | 2 cloves garlic       |
| 3 sprigs parsley               | 1 bay leaf            |
| Pinch of thyme or organo, tied | 2 cups white stock or |
| in small cloth bag             | 1 cup water           |

Melt butter in sauce pan, add onion and carrot and brown. Add flour and let cook for a few minutes. Add tomato puree and fresh tomatoes. Moisten with white stock and add rest of garnishing. Bring to boil and let cook slowly for 1 1/2 to 2 hours. Rub through strainer and let cool. This sauce can be kept for several days in the refrigerator, add a little butter and re-boil before using and correct seasoning if necessary. Can be used for spanish sauces or spaghetti.



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AMOUNT OF LOAN	MONTHLY PAYMENT PLANS					
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\$100	\$2.00	\$2.50	\$3.00	\$3.50	\$4.00	\$4.50
300	6.00	7.50	9.00	10.50	12.00	13.50
550	10.50	13.50	16.50	19.50	22.50	25.50
1000	19.50	25.50	31.50	37.50	43.50	49.50
1600	31.50	40.50	49.50	58.50	67.50	76.50
2500	50.50	64.50	78.50	92.50	106.50	120.50
3000	60.50	76.50	92.50	108.50	124.50	140.50
4000	80.50	101.50	122.50	143.50	164.50	185.50
5000	100.50	126.50	152.50	183.50	204.50	225.50

Above payments include principal and interest and are based on prompt repayment, but do not include the cost of life insurance.

Ask about credit life insurance on loans at low group rates

## HOUSEHOLD FINANCE

Ask about our evening hours

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- 10172-102nd Street.....Telephone 422-2151  
(next to the Bentall Building)
- 8204-104th Street.....Telephone 439-2044  
(above Tony's & Ernie's Drug Store)
- 10131-101st Street.....Telephone 424-0431  
(upstairs, next door to Kresge's)
- Northgate Shopping Centre.....Telephone 476-1351  
(in the Mall)
- Meadowlark Park Shopping Centre..Telephone 489-2591  
(156th St. & 87th Avenue, Jasper Place)
- Westmount Shoppers' Park.....Telephone 455-7136  
(just west of the Totem Pole sign)
- Bonnie Doon Shopping Centre...Telephone 466-1141  
(next to Woolworth's)



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To place an ad in this space, bring it to Griesbach Drugs. Please, no phone calls.

Pay us a visit soon and take advantage of our many specials throughout the store. Open Mon. to Sat. 9:00 a.m. to 10:00 p.m. Sundays and holidays 12 noon to 9:00 p.m. Post Office open Mon. to Sat. 9:00 a.m. to 5:30 p.m.

Watch for our September I.D.A. Sale grab bags. \$6.50 value for \$1.00. GRIESBACH DRUGS.

### LOST and FOUND

Lost — two tubular aluminum folding chairs, covered with green

webbing. Chairs removed from yard by small children on July 21, 1966, last seen near intersection of 152 Avenue and 103 Street. Please phone 476-6558. PMQ 455.

### WANTED

One 15 - 18 ft. freezer. Good condition, will pay cash. Phone 476-6063.

### CHILD CARE

Doreen Dupe will babysit, age

14. Phone 476-6591 anytime. 10520 - 149 Avenue.

\* \* \*

Reliable babysitter, 15 years old. Lil Snow, Phone 476-6638.

\* \* \*

Babysit in my home. Any age. PMQ 164. Mrs. Snow. Phone 6638.

Will babysit on holidays and week-ends only. Please Phone 476-6842.

\* \* \*

Will babysit on holidays and

week-ends only. Please phone 476-6838.

\* \* \*

Mary Dupe, 10520 - 149 Ave. will babysit. Age 13½. Phone 476-6591.

\* \* \*

### FOR SALE

Thistle twin stroller and canopy. Good condition. Please Phone 476-6558. PMQ 455.

\* \* \*

2-piece chesterfield suite; 9 x 12 carpet; Fairbanks T.V.; Cold-spot fridge; 3-piece luggage set. 30 new canning jars, never used. Preserver. Phone 476-6804.

\* \* \*

Electric fan, gardening tools, camp stove, playpen, set of blues, wedding dress size 8. 10308 - 149th Avenue.

\* \* \*

Monster Models — assembled, painted — 75c each. Godzollia, King Kong, Superboy, Phantom, Gillotine, Dracula, Creature, Wol-

feman, Mummy. Phone 476 - 6865.

\* \* \*

Riding lawnmower 24"; will sell for \$150.00. (new \$200.00). Fold down camping trailer, all made out of wood. 8 x 7 feet. \$150.00. Call 476-6522 — or can be seen at 9720 - 152 Ave. PMQ 740.

\* \* \*

One 700 x 14 Goodyear snow tire, used 1 year, \$8.00. One 600 x 13 snow tire, good condition, \$7.00. One wheel to fit 63-64 Rambler, \$7.00. Phone 476-6063.

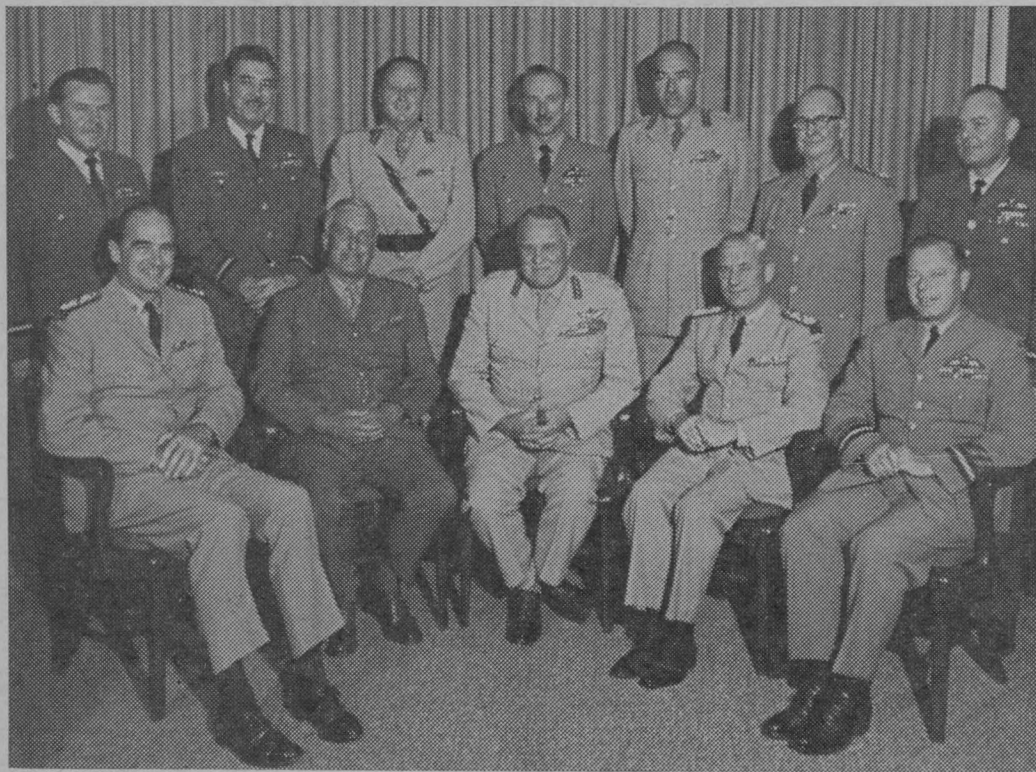
\* \* \*

Marconi (Citation model) combination radio and record player, \$75.00. One baby bassinet on wheels, \$10.00. Three-quarter bed, \$15.00. Phone 476-5241.

\* \* \*

Lost — Pair of brown shoes (sandals) at No. 2 School playground. Phone 476-6678.

## ARMED FORCES COUNCIL



The newly-formed Armed Forces Council held its first meeting at Canadian Forces Headquarters last week. The council is composed of the chief of defence staff, the vice-chief defence staff, chief of personnel, chief of technical services, comptroller-general and commanders of the six functional commands. Purpose of the council is to advise the CDS on matters of broad policy, major programs and the control of major activities. Left to right above are front row Vice-Admiral R. L. Hennessy, comptroller-general; Lt.-Gen. W. A. B. Anderson, commander, Mobile Command; Gen. J. V. Allard, chief of defence staff; Rear-Admiral J. C. O'Brien, commander, Maritime Command; Air-Marshal F. R. Sharp, vice-chief defence staff; rear row, Air Commodore G. G. Diamond, commander Air Transport Command; Air Marshal E. M. Reyno, chief of personnel; Maj.-Gen. M. R. Dare, deputy chief reserves, who although not a member of the Council, attended as an observer; Air Vice-Marshal R. C. Stovel, commander Training Command; Maj.-Gen. R. P. Rothschild, commander Materiel Command; Rear-Admiral H. G. Burchell, representing the chief of technical services; Air-Vice Marshal M. E. Pollard, commander Air Defence Command.

(Canadian Forces Photo)

## How EXPO's Site Has Grown

Expo 67 is built on three different sites in and on the St. Lawrence River. Two are islands and the third is a nearby harbor pier known as Mackay pier. The pier and the islands have all been expanded for the exhibition. The pier used to cover a little over 60 acres. It now covers nearly 99 acres. One of the islands, St. Helen's Island, was a parkland area of 137 acres with two loosely adjoining islands, Ile Ronde, 36 acres, and Ile Verte, 24 acres. Their collective area was 197 acres. They have now been firmly joined into a single island, expanded, and now cover 324 acres. The third site was originally a group of mud flats which covered about 56 acres. These mud flats have been expanded into Ile Notre-Dame which now has an area of 287 acres. The total area of the original sites was 314 acres. Today the Expo 67 site covers 710 acres. About five millions tons of fill were needed for the island expansions. Much of the fill was obtained from excavations in the city of Montreal for a new underground metro system; other fill came from nearby granite quarries; more still came from the river bed itself. On these islands will be held next year the largest international exhibition of its kind.

VISALIA, Calif. — Police said Max Alva, 33, was given a violation ticket for permitting an unlicensed minor, his son, to drive his auto.

The car went out of control, swerved off the highway and struck a power pole. Alva's son, Larry, is six years old.

Cannobio, Italy — Sylvio Gallotti, a stonemason, sleeps in a coffin instead of a bed to accustom himself to the end of life. But the 55-year-old man says the coffin's padded lining is also more comfortable than any bed.



## Church News



### St. John's Chapel

N Protestant

102 Street - 142 Avenue

#### CHAPLAINS

Major The Rev. G. G. Mercer,  
C.D., B.A., B.D.

Captain The Rev. K. A. Minchin,  
B.A., L.Th.

#### SUNDAY SERVICES

0900 hrs. — Holy Communion  
(A.C.C.)

0945 hrs. — Bible Class —  
Conference Room.

1045 hrs. — Sunday School,  
No. 1 School.

(Opening with Family Service  
in the Chapel September 11th,

minimum age 4 years).

1100 hrs. — Divine Service.

1200 hrs. — Holy Communion  
(U.C.C. — 4th Sunday).

Holy Baptism by appointment  
with the Chaplain.

#### ORGANIZATIONS

Chapel Committee (First Mon-  
day), 4:30 p. m. — Chapel.

Women's Auxiliary (Second &  
Fourth Tuesday), 8:00 p. m. —  
Chapel.

Griesbach Senior Youth Group  
(Every other Sunday), 7:00 p. m.,  
Chapel.

Junior Choir, 7-14 years (Wed-  
nesday), 4:00 p. m., Chapel.

Senior Choir — 15 years and  
over (Wednesday), 7:30 p. m. —  
Chapel.

#### THAT COSTLY CAR

Finding the car costly to run? Think it won't cost you anything if you stop using it for a while? Well, if you own an average 8-cylinder 4-door American sedan, it will cost you nearly \$800.00 a year (\$792.05 to be exact) just to let it sit in the garage and do nothing! The American Automobile Association calculates

the average costs of depreciation at \$621, of insurance at \$147 and of license and registration at \$24. When on the road, the car costs another 3.25 cents a mille, 2.16 cents for gas and oil, 0.68 cents for maintenance, and 0.41 cents for tires. An average running cost in a 10,000 mile year is about \$1,162.

## Minerals from Great Salt Lake

The U. S. Department of Interior says it has developed a process that will allow exploitation of the inestimate mineral wealth of the Great Salt Lake in Utah. Brine from the lake is known to hold millions of tons of magnesium, potash, and lithium. Until now, however, the only way to extract them has been through evaporation — an expensive process. The new process employs cation-exchange resins to remove sulfates. Commercial by-products include soda ash and elemental sulphur. With sulfates removed, commercial-scale recovery of potash and magnesium becomes inexpensive and simple.

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**SWIMMING CLASS**

The registration for children and adult swimming classes for the 1966-67 season will take place on Saturday, September 24th, from 1000 hrs to 1400 hrs in the lounge of the Leonforte Building.

Water Safety Instructors are required and those wishing to assist in teaching swimming with the program, are requested to contact Lt. W. E. Griesbach, Loc 433. Home 476-6149.

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Sgt. Herbert

**OBESITY**

The life expectancy of the average person is lowered, within certain limits, in a direct relationship to his or her degree of overweight, according to the Canadian Medical Association.

Most information about the hazards of being overweight comes from the actuarial figures of life insurance companies, which show that overweight people are poor insurance risks.

The reason the lifespan of these people is shortened is that excess fat plays a part in the cause of diabetes and the so-called degeneration disorders. One of these is arteriosclerosis, better known as hardening of the arteries, which leads to heart attack, high blood pressure, strokes and kidney failures.

In addition to the minor unpleasantness of excessive sweating, excess fat also causes breathlessness with slight exertion, difficulty in walking and unattractiveness.

It is true that some people gain weight more easily than others, but regardless of this it is possible to gain without eating more than the body requires for growth, tissue repair and energy utilization. Therefore, if one reduces his intake of food, generally he can lose weight. Appetite depressants are helpful in this respect, but are useless unless there is a true and honest wish to reduce. When this desire is lacking more than 95% will regain what they lose.

There is considerable evidence that the harm caused by obesity is reversible, in that an overweight person may lengthen his life by reducing to normal weight.

The C.M.A. states that the most useful aid in weight reduction is motivation stimulant, one of the best of these being a full-length mirror.

\*\*\*\*\*

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1962 Pontiac 6 — Auto Radio .....	\$1295.00
1961 PONTIAC V 8 — Standard, Radio .....	\$1250.00
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1959 VAUXHALL 6 — Radio, Good Second Car	\$195.00
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### GRIESBACH LADIES' BOWLING LEAGUE MEETING

Friday, September 9th

For additional information contact:

Muriel Webb 476-6041

Amy Knight 476-6136

Coffee and doughnuts will be served.

### DRIVING ABROAD

The Ontario Department of Transport says residents planning to drive cars abroad may now obtain International Driving Permits. These IDP's are not absolutely necessary; Canadian licenses are recognized in many West European countries, but the IDP can avoid much embarrassment and misunderstanding, particularly if the driver must deal with a local official in a small village

who, perhaps, may not speak English. The fee for the IDP to those who already hold valid Canadian licenses is \$3. Under the terms of a 1949 United Nations Convention on Road Traffic, agreed to by all Canadian provinces, Canadian IDP-holders will share same reciprocity on licenses in international traffic as residents of 77 other signatory countries. The IDP is printed in ten languages.

### NEW AIRCRAFT SAFETY FOAM

An end to death from fire, or suffocation from toxic fumes, after airplane crashes may now be in sight, thanks to discovery of a new type of life-saving foam now being tested by major U. S. airlines. Immediately after crashing, the foam, automatically releases, fills the entire cabin in 30 seconds. It insulates passengers who have survived physical mutilation from fire and radiant heat and displaces smoke and toxic

gasses.

The water-film bubbles in the foam also provide all necessary oxygen. Passengers breathe by cupping a hand or handkerchief over their nose and mouth. However, a simple, inexpensive bubble-breathing mask is now under development. The foam, incidentally, carries light and sound, so passengers can hear emergency directions from rescue teams.

### Canada to host ILO Meeting

Canada will act as host to an American Regional Conference of the International Labor Organization next month. The conferences are usually held every three or four years. This one, the eighth, will be held in Ottawa September 12-23, and is the first time it has been held outside Latin America. It will be attended by delegates from 25 countries from North, Central and South America and the Carib-

bean. The conference's objective is to consider labor aspects of economic development in two contexts: employment and manpower policies and their relation to economic development; the relationship of minimum labor and social security standards to economic development. The Canadian Prime Minister is expected to open the conference, and the Minister of Labor will head the Canadian delegation which will include representatives from the departments of External Affairs, Citizenship and Immigration (Manpower), and National Health and Welfare. Provincial governments will also be represented. All delegations will be tripartite — having members from each of labor, management and government.

Mother Nature is providential. She gives us 12 years to develop a love for our children before turning them into teen-agers.

### Have a Condominium

No, it is not a polite word for an alcoholic drink, but a relatively new pan for wider ownership of real estate which, according to Philip Pemberton Holmes, president of the Canadian Association of Real Estate Boards, holds tremendous potential for more extensive property ownership and property development. The condominium (called strata in British Columbia) is a system by which an owner can obtain title to a portion of a large project such as an apartment suite or town house with garden. Unlike other forms of "near-purchase" such as co-operatives, the condominium permits an owner to mortgage, lease or sell his title. It can be applied to high-rise apartment buildings, says Holmes, but experience elsewhere shows the condominium to be most applicable to garden apartments and town house projects.

# Page The Cleaner & Furrier Ltd.

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